



Salmon Patties



Makes: 6 patties

Large skillet—med-high to high heat

Ingredients:

- 1) 1 can Salmon - (Double Q)
- 2) 1/3 cup of corn meal
- 3) 1- egg
- 4) about 3 tab. Chopped onion
- 5) about 1/2 to 1 cup of oil



Cooking Directions:

Open can of salmon and remove white skin and bones. Bones can be crushed and eaten but I just don't like the idea of them. Mix in the corn meal, egg & onion. Pour oil into skillet and heat to med-high to high. Make golf ball or slightly bigger mounds on a large spoon of the salmon mixture. Pat the mound slightly to make stick together, then put into the hot oil. Be careful not to splatter the oil. Using the spoon mash the mound out flat. Brown on one side and flip over and brown the other side. It only takes a few minutes to cook a pan of patties. Repeat until all the salmon mixture is cooked. Serves 2 to 3 people depending how much they like them (hahaha).

Fish is an important food for us to be healthy. It has essential nutrients that are not readily available in other foods.